

# BHRS Total Wellness Events: September 2013

	<p><b>Ash Thinkers</b></p> <p>South County: Tues, Aug.20 - Sep.24 2-3pm, Rm 301</p>		<p><b>Diabetes Class</b></p> <p>Central County: Tues, Aug.27 - Sep.17 11-12 noon, Rm A54</p> <p>South County: Mon, Aug.26 - Sep.23 10-11am, Rm 100</p>
<p><b>Indoor Movement</b></p> <p>Central County: Every Monday, 11-12 noon, Rm A51</p> <p>South County: Every Friday, 11-12 noon Rm 100</p>		<p><b>Stretching and Walking at Cordilleras</b></p> <p>Every Friday, 12:30-1:30pm at Cordilleras Suites</p>	
	<p><b>Walking Group</b></p> <p>Central County: Every Wednesday, 12:30-1:30pm</p> <p>South County: Every Tuesday, 12:30- 1:30pm</p>		<p><b>Well Body Group</b></p> <p>Central Couty: Wed, Aug.21 - Sep.11 2:30-3:30pm, Rm A54</p>
<p><b>Monthly Health Class</b></p> <p><b>Making the Most of your Primary Care Visit</b></p> <p>Central County: Wed, Sep.11 1:30-2:30pm, Rm A 54</p> <p>South County: Wed, Sep.18 1:30-2:30pm, Rm 301</p>		<p><b>Special Health Class</b></p> <p><b>Weight Gain Induced by Psychotropic Medications Part 2</b></p> <p>South County: Mon, Sep.16 1:30-2:30pm, Rm 100</p>	
	<p><b>Total Nutrition &amp; Cooking with Ease</b></p> <p>New series starts October</p>		<p><b>Ash Kickers</b></p> <p>TBD</p>

**For more information to enroll in Total Wellness, please contact**

Central County: Julie Monheit, RN, MS at 650-573-3505

South County: Juliana Bursten, RN, MN at 650-363-4112 ext.201

## San Mateo County's BHRS

Central County clinic: 1950 Alameda de las Pulgas, San Mateo, CA 94403

South County clinic: 802 Brewster Ave, Redwood City, CA 94063